



FREE

ISSUE 035 • 5/26/11 – 7/20/11

living well



eating smart[®]

Giving you the tools to live the life you deserve.™

**celebrating
health for the 4th**
Take control of your health

carrie's corner
Grilling with flavor
and antioxidants



With Big Y's Wellness Team — Registered Dietitians
Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN





Summer 2011 Contents

3 **Carrie's Corner**

4 **Culinary Inspirations**
Spicy Green Tea Salad Dressing

5 **Feature Recipe**
Pork Medallions with Spicy Blueberry-Pomegranate Reduction

6 **Celebrating Health for the 4th**

8 **Gearing Up for Graduation**

10 **Snack Savvy**

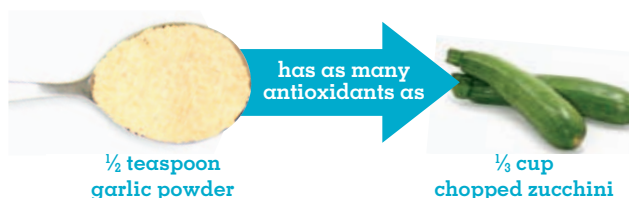
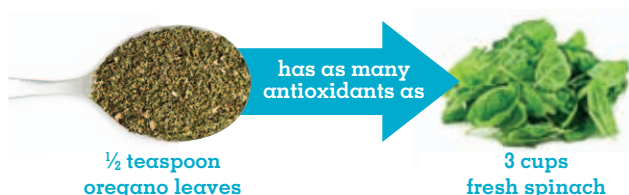
11 **Satisfying Snack Recipes**
White Bean Dip and Pineapple Mango Fruit Smoothie

12 **Little Y's Corner**
NuVal™ Score Scavenger Hunt

Carrie's Corner

Big Y's Registered Dietitian, Carrie Taylor, RD, LDN

Did you know?



Information from McCormick®

Grilling with Flavor and Antioxidants

Sound like an oxymoron? It isn't. Although cooking directly on high heat, like you do when grilling, does increase the presence of cancer-causing compounds, there are ways to counteract this effect. How? Add lots of antioxidant-containing ingredients to your recipes.

The primary way to add cancer-fighting antioxidants when grilling is to include fruits and vegetables. This means, be sure to have your grill rack share space with both animal-protein foods like steaks and chicken breast (NuVal™ Score-39) AND fruits and vegetables like peaches (NuVal™ Score-99) and asparagus (NuVal™ Score-100). It's a win-win for your taste buds and your health. Plus, nothing tastes better with grilled salmon (NuVal™ Score-87) than grilled green peppers (NuVal™ Score-94) and fresh pineapple (NuVal™ Score-99). Not a very hard task to maintain, right?

Don't stop there! Did you know adding spices and herbs to your grilled dishes does more than add flavor? Cooking with herbs and spices not only displaces the need for excess salt and sugar, it also adds antioxidant punch along the way.

By rubbing 1/2 teaspoon ground pepper onto your top sirloin (NuVal™ Score-30) before grilling, you're adding as many antioxidants as you find in a half-cup serving of blueberries (NuVal™ Score-100). Grilling up chopped zucchini (NuVal™ Score-99)? Sprinkle on 1/2 teaspoon garlic powder and increase the antioxidant punch as if you ate a third cup more!

Check out McCormick®'s 2011 Grilling Flavor Forecast at www.flavorforecast.com!



Who can I speak to about my nutrition questions?

The Living Well Eating Smart Wellness Team of dietitians!
Contact Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN by:



Writing
Ask Living Well
2145 Roosevelt Ave.
PO Box 7840
Springfield, MA 01102



E-mailing
livingwell@bigy.com



Becoming a fan on Facebook
LivingWellEatingSmart



Following us on Twitter
BigYLWES

The food and nutrition advice in the *Living Well Eating Smart* newsletter is not meant to take the place of your primary care physician. We recommend you ask your health care provider or registered dietitian for further information specific to your needs.

Culinary Inspirations

Ignite your passion to cook with these inspiring ingredients.

Make ordinary dishes extraordinary!

Add flavor and nutrition to meals with these premium ingredients and you'll look like a culinary pro.



Prepare recipes using premium olive oil like **O-Live® Extra Virgin Olive Oil** (olisur.com) and you'll taste the difference. O-Live® allows their olives to ripen slowly on the tree, maximizing the intensity and concentration of flavors in their Extra Virgin Olive Oil.



Sometimes we all need fresh ideas when prepping dinner. Thankfully, **Bobby D's® Sauce** (bobbyds.com) makes it easy to create something new. For starters, try one of our favorite ways to enjoy delicious Bobby D's® Ma's Great Catch® Sauce — served over flaky white-fleshed fish.



Preparing a juice reduction is a simple way to create an impressive sauce in minutes. Heat **Wyman's® 100% Wild Blueberry Pomegranate Juice** (wymans.com) in a pan on medium heat until a syrupy consistency is achieved. You'll be amazed how the concentrated fruit flavor transforms any dish. See for yourself with our *Pork Medallions with Spicy Blueberry-Pomegranate Reduction* recipe.

Secret Ingredient Must Have: Gourmet Tea



Infuse notes of sweetness and spice into recipes with the bold flavors of **Harney & Sons Gourmet Teas** (harney.com). Simply steep varieties like *Hot Cinnamon Sunset* or decaffeinated *Vanilla Comoro* and incorporate prepared tea into sweet tasting dishes in place of water. For savory recipes, here's an easy one you're sure to love:

Spicy Green Tea Salad Dressing

Whisk ingredients, chill and serve over your favorite blend of field greens.

- ½ cup brewed **Harney & Sons Green Tea with Thai Flavors**
- 2 tablespoons grapeseed oil
- 1 tablespoon Big Y® cider vinegar
- 1 teaspoon garlic, minced
- ½ teaspoon Big Y® salt
- ½ teaspoon red pepper flakes
- 1 dash Big Y® ground black pepper

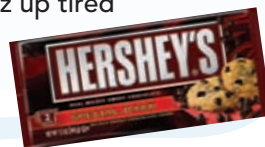
(Recipe derived from food.com)



Bake With Confidence

Delicious recipes call for delicious ingredients.

Whether you're melting **Hershey's® SPECIAL DARK® Baking Chips** (hersheys.com) to dip fresh strawberries in or using *Hershey's® Cinnamon Chips* to jazz up tired recipes, *Hershey's® Baking Chips* bring out the best in your baking creations.



PORK MEDALLIONS

WITH SPICY BLUEBERRY-POMEGRANATE REDUCTION

Serves: 5

INGREDIENTS:

- 1 (1 pound) pork tenderloin, cut crosswise into $\frac{3}{4}$ -inch round slices
- $\frac{1}{4}$ teaspoon Big Y® garlic powder
- $\frac{1}{4}$ teaspoon Big Y® salt
- $\frac{1}{4}$ teaspoon Big Y® ground black pepper
- Big Y® no stick cooking spray
- $\frac{1}{4}$ cup water
- $\frac{1}{3}$ cup **Wyman's® 100% Wild Blueberry Pomegranate Juice**
- $\frac{1}{2}$ teaspoons minced chipotle chiles, canned in adobo sauce

DIRECTIONS:

1. Heat a large nonstick skillet over medium-high heat.
2. While pan heats, slightly pound out pork slices.
3. Sprinkle pork with garlic powder, salt and pepper. Coat pork with cooking spray.
4. Cook pork 3 minutes on each side or until internal temperature of pork reaches 160°F. Remove pork from pan and place on serving platter.
5. Add water to pan, scraping with a wooden spoon or rubber spatula to loosen browned pieces.
6. Stir in juice and chipotle chiles.
7. Reduce heat to medium. Simmer 3 to 4 minutes or until sauce has thickened to a syrupy texture.
8. Return pork to pan and coat with sauce.
9. Serve pork with remaining sauce.

NUTRITION FACTS PER SERVING:

Calories 155, Total Fat 4 g, Saturated Fat 1.5 g, Cholesterol 70 mg, Sodium 465 mg, Carbohydrates 2 g, Fiber 0 g, Protein 25 g

*Recipe from MyRecipes.
Visit www.myrecipes.com
for other savory meal ideas.*



Celebrating Health for the 4th

Fourth of July celebrations are something we all look forward to. It's a time to celebrate our country's independence with beautiful fireworks, fantastic cookouts and our closest family and friends. While being surrounded by loved ones, take the time to celebrate an area often lost sight of — your health.

Whether you would like to gain the independence of being off diabetes or high blood pressure medication or simply knowing how to cook nutritious meals for you and your family, let us help you get there. Living a healthful lifestyle is easier than you think.

First, take sight of long-term goals. Will you need to lose weight and begin an exercise regimen in order to come off diabetes medication? For most people the answer is yes. And for most it is possible! That's why it's critical to work with your doctor and dietitian to develop a "get healthy" action plan tailored to your specific needs. After all, you deserve to be healthy and feel your best. Right?

If your goals are to gain independence in the kitchen, have fun with it! Use the NuVal™ System at Big Y to find the most nutritious food choices by *trading up* your current selections with higher scoring alternatives. Not top chef in the family? While out at your Fourth of July cookouts, ask family and friends to sign up for a cooking class with you. It's a fun way to enjoy each other's company while learning the art of culinary freedom.



Quinoa 101

Never cooked with grains like quinoa (pronounced KEEN-wah)? Fear not! It's just as simple as cooking rice or couscous. Here's how:

- 1 Measure 2 cups water for every 1 cup quinoa used.
- 2 Place water and quinoa in a saucepan and bring to a boil.
- 3 Cover and simmer for 12-15 minutes.
- 4 Add cooked quinoa to soups, side dishes or enjoy as a high-protein breakfast cereal.



This Independence Day, take control of your health starting with the foods you and your family enjoy. These tasty options show just how delicious nutritious can be.

Waist Watcher® Beverages

(adirondackbeverages.com) are the perfect calorie- and sugar-free soda alternative when in the mood for a bubbly refreshment. Sweetened with sucralose and acesulfame potassium, Waist Watcher® Beverages like *Diet Raspberry Ginger Ale* help reduce your consumption of added sugars.



Wish-Bone® Dressings

(wish-bone.com) turn pasta salads, grilled chicken and leafy greens into flavor-packed dishes you can feel good about. Simply opt for olive oil based dressings like Wish-Bone® *Balsamic Vinaigrette* with 4 grams heart-healthy fats per 2-tablespoon serving to help the body absorb fat-soluble vitamins like A and D.

Nature's Earthly Choice™ Grains

(earthlychoice.com) add excitement to whole grains. With ancient grain varieties like *Organic Farro*, you can expand your whole grain repertoire. For superior nutrition, a ¼-cup *Earthly Choice™ Organic Quinoa* provides 3 grams fiber and 6 grams protein.



Utz® Rice Crisps

(utzsnacks.com) like *Sweet Chili* are made using whole grain brown rice flour so you get 2 grams fiber in each serving. A hint of sugar balances chili spices to give you the perfect amount of heat. Prefer a salty snack? Their *Sea Salt Crisps* contain just 70 milligrams sodium per serving. *Utz® Rice Crisps* are wheat and gluten free, too!

Fresh Express® Salad Blends

(freshexpress.com) liven up the base of your salads with their unique dark leafy blends. Options like *Wild Rocket Zest* incorporate seasonal greens with nutty flavored arugula and delicate baby spinach. For only 10 calories, each 1-cup serving is an excellent source of vitamins A and C.





Gearing Up for Graduation

Is your child finally graduating? Have a stress-free celebration by planning your menu and shopping list at least one week beforehand. When graduation day arrives, all you'll have on your mind is how proud you are of their accomplishments.

Hydration Station

If your graduation celebrations are being held outdoors in the hot summer sun, be sure you have plenty of ice-cold beverage options available for guests. Staying hydrated helps cool the body and replace fluids lost from sweat, which is particularly important in heat and humidity. Keep water bottles readily available for family and friends to sip on along with fruity single-serve **Flavrz® Organic Drink Mixes** (flavrzdrinkmix.com). *Flavrz®* refreshing flavors like *Tropical* make drinking water fun for kids and adults alike — so staying hydrated is a breeze. Made with real fruit extracts, *Flavrz® Organic Drink Mixes* are a lower calorie, low sugar alternative to other sugary and artificially flavored juice drinks and sodas.



Sensational Salads

Healthify summer salads with delicious, nutrient-packed ingredients. For pasta salads, incorporate whole grain pasta and colorful veggies like broccoli and red peppers. For tossed salads, start with dark leafy greens as your canvas and add the colors of the rainbow. One ingredient offering a cooling crunch that no salad should be without? **TopLine Mini Cucumbers**

(westmorelandsales.com)! Incredibly versatile, *TopLine Mini Cucumbers* can be diced and added to coleslaw recipes, topped on veggie dogs for great contrast in texture, cut into wedges and sprinkled with garlic powder for tasty snacking or sliced and added to salad. And remember, *TopLine Mini Cucumbers* also provide vitamin C.



Dips and Dressings

Creamy dips and dressings don't have to be off-limits when planning a healthful cookout. Simply opt for lighter varieties when available like **Hidden Valley® The Original Ranch® Light** and **Fat Free Dressings** (hiddenvalley.com). Compared to traditional ranch dressing, you save 7 grams fat per 2-tablespoon serving by choosing **Hidden Valley® The Original Ranch® Light**. Plus, you won't lose any of the flavors! For dips, enjoy creamy fruit- and veggie-based dips like guacamole or offer plain Greek yogurt mixed with vanilla extract for topping fresh fruit. Your guests will never miss the traditional fat- and calorie-packed dips and dressings.



Delectable Desserts

For a sweet treat that will wow guests, look no further than a colorful dessert pizza. In a few easy steps, you'll have a dessert masterpiece that looks like it came straight out of the Food Network® Test Kitchens! Simply preheat your grill or oven and warm a pre-made whole grain pizza crust like **Mama Mary's® Gourmet 100% Whole Wheat Pizza Crust** (mamamarys.com). We recommend grilling the crust for a wonderful smoky flavor. Spread honey, cream cheese, chocolate hazelnut spread or vanilla yogurt as the "sauce" and be creative with toppings! Chopped nuts, grilled plums and pineapple, fresh berries, bananas, dark chocolate chips and shredded coconut all help create a perfectly delicious whole-grain dessert.



Celebration Cleanup

Ease the chore of party cleanup with help from **GLAD® Trash Bags** (glad.com). Organize easy-to-find trash and recyclable areas for your guests using different-colored trash bags. As guests clean up after themselves, you'll be left with less of a headache when the celebration comes to an end. **GLAD® ForceFlex® Trash Bags** are perfect for heavier waste while **Tall Kitchen Bags** work well for holding empty cans and plastic bottles. If you have younger children who want to help in party planning, ask them to design "Trash" and "Recycle" signs so you can attach them to their designated bins. Just remember to make these areas available both outdoors and indoors.



Snack Savvy

Enjoying snacks throughout the day helps you feel energized, maintain a healthy weight and meet food group goals. Simply pair foods from at least two different food groups and you'll get a perfect balance of carbohydrate, protein and fat to fuel your body.

SNACK OPTION #1

Natural Granola + Plain Greek Yogurt

For a satisfying mid-morning snack, mix protein-packed plain Greek yogurt with [New England Naturals® All Natural Honey Nuts & Cinnamon Granola](#) ([nenb.com](#)) for heart-healthy fats and whole grains. New England Naturals® Granolas are handmade in small batches in Greenfield, Mass. with quality ingredients for truly homemade taste.



SNACK OPTION #2

Bean Dip + Sliced Veggies

Put a new spin on snacking with [Bush's Best® Variety Beans](#) ([bushbeans.com](#)). Using a few simple ingredients, you can transform Bush's Best® Cannellini Beans into a delicious White Bean Dip (see next page for recipe)



that rivals hummus and traditional dips. Serve with your favorite sliced veggies any time of day.

SNACK OPTION #3

Crispy Wheat Cakes + Natural Peanut Butter

Take [Mr. Wheat's® Crispy Wheat](#) ([mrwheat.com](#)), top with all natural peanut butter and you'll get an undeniably tasty whole grain snack. You'll never believe light and crunchy Mr. Wheat's® Apple Cinnamon Crispy Wheat contains 4 grams fiber and only 110 calories per serving when you can enjoy seven wheat cakes in each serving!



SNACK OPTION #4

Mixed Nuts + Fresh Fruit

Can't decide between snacking on peanuts, almonds or



pistachios? With [Planters® NUT-rition Mixes](#) ([planters.com](#)), you don't have to. Nutrient-packed blends like Planters® Heart Healthy Mix incorporate six nut varieties with a touch of sea salt. For lasting energy, a handful of nuts with sweet fresh fruit is all you need.

SNACK

OPTION #5 Coconut Water Fruit Smoothie

Feel like you're snacking on a tropical island without leaving your house! Prepare a delicious smoothie, like our Pineapple Mango Fruit Smoothie on the next page, using naturally refreshing [Vita Coco® 100% Pure Coconut Water](#) ([vitacoco.com](#)). Along with nutrients like potassium and vitamin C, you'll only find fruit purees, not added sugars, in their flavored varieties.



WHITE BEAN DIP

Serves: 10

INGREDIENTS:

- 2 (15-ounce) cans **Bush's Best®**
Cannellini Beans, rinsed and drained
- $\frac{1}{3}$ cup fresh cilantro or parsley, chopped
- 3 cloves garlic, crushed
- 2 Tablespoons Big Y® olive oil
- $\frac{1}{2}$ lemons, juiced
- Big Y® salt, to taste
- Big Y® ground black pepper, to taste

DIRECTIONS:

1. In a food processor or blender combine beans, fresh herbs, garlic, olive oil and lemon juice.
2. Process until smooth or to desired consistency.
3. Remove dip from food processor and season with salt and pepper to taste.

After blending dip, stir in red pepper flakes, paprika, cayenne pepper or green onion for an added kick of flavor.

NUTRITION FACTS PER SERVING:

Calories 310, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 340 mg*, Carbohydrates 52 g, Fiber 13 g, Protein 20 g

**Estimated sodium when beans are rinsed and drained.*



Recipe from *Bush's Best® Beans*.
Visit www.bushbeans.com for more delicious recipes.

PINEAPPLE MANGO SMOOTHIE

Serves: 2

INGREDIENTS:

- 2 cups mango, peeled and cut into $\frac{1}{2}$ -inch cubes
- 2 cups crushed ice
- $\frac{1}{2}$ cup Vita Coco® 100% Pure Coconut Water with Pineapple
- 1 teaspoon Big Y® honey

DIRECTIONS:

1. Combine all ingredients in a blender and process until smooth.
2. Divide smoothie between two glasses and enjoy!

NUTRITION FACTS PER SERVING:

Calories 130, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Carbohydrates 35 g, Fiber 3 g, Protein 1 g

Based on a recipe from Epicurious.

Visit www.epicurious.com for more tasty recipe ideas.





NuVal Score Scavenger Hunt

Step 1

List your favorite foods in the left column below.

Step 2

Visit your local **Big Y World Class Market** to find the NuVal™ Scores of your favorite foods.

Step 3

While you are in each aisle, find two higher scoring items. Write down their names and NuVal™ Scores.



My favorite cold cereal:

NuVal™ Score

Higher scoring choices would be:

NuVal™ Score

My favorite fresh fruit:

NuVal™ Score

Higher scoring choices would be:

NuVal™ Score

My favorite crackers:

NuVal™ Score

Higher scoring choices would be:

NuVal™ Score

My favorite cookies:

NuVal™ Score

Higher scoring choices would be:

NuVal™ Score

Trade UP
your favorite foods with NuVal™ scores

Every type of food, like cereal, has an average NuVal™ Score. Feel energized and healthy so you can learn and play all day long! *Trade up* to foods with NuVal™ Scores higher than average for more nutrition bite-per-bite.



Product	Average NuVal™ Score
Cold Cereal	27
Fresh Fruit	95
Crackers	17
Cookies	7